

*Quick & Easy*  
**77 KETO**  
*- Low Budget -*  
**RECIPES**



**CLAUDIA J. CALDWELL**

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# KETO DIET ON LOW BUDGET

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## Table of contents

Cheesy Hash Browns .....	1
French Toast .....	2
Banana Pancakes.....	4
Banana Oatmeal Cookies.....	5
Pepperoni Pizza Sticks .....	7
Macaroni And Cheese .....	8
Stuffed Jalapeno.....	9
Pigs In A Blanket.....	10
Baked Potato.....	12
Mozzarella Sticks .....	14
Honey Garlic Chicken.....	16
Chili Glazed Salmon.....	18
Saffron Rice.....	20
Barbecue Wings .....	22
Cheesy Garlic Broccoli.....	24
Garlic Herb Chicken .....	25
Buttermilk Biscuits .....	27
Rice Krispie Treats .....	29
Nutella Brownies .....	31
Coconut Macaroons .....	32
Chocolate Fudge.....	33
Strawberry Sorbet.....	34
Chocolate Fudge Pops .....	35
Watermelon Margaritas.....	36
Raspberry Vodka Lemonade.....	37
Strawberry Champagne Slushy.....	38
Raspberry Cake .....	39

## KETO DIET ON LOW BUDGET

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Creamy Chicken.....	41
Sausage And Biscuits.....	43
Peanut Butter Cookies .....	44
Broccoli Cheddar Egg Muffins .....	46
Almond Bars .....	48
Honey Bbq Shrimp.....	50
Chicken In Soy Sauce.....	52
Glazed Apricot Chicken .....	54
Banana Pancakes.....	55
Chicken Caprese Salad .....	56
Chocolate Fudge.....	57
Banana Bread Cookies .....	58
Summer Berry Tarts .....	59
Honey Mustard Salmon .....	61
Greek Portobello .....	63
Honey Cinnamon Sweet Potatoes .....	64
Sweet And Savory Glazed Pork.....	66
Slow Cooker Apple Cake.....	67
Thai Salmon .....	68
Roasted Chickpeas.....	70
Cilantro Grilled Corn.....	71
Apple Chicken .....	72
Parmesan And Pesto Potatoes .....	74
Chocolate Hazelnut Brownies.....	76
Biscuits And Gravy .....	78
Dr. Pepper Pork .....	79
Mushroom Rice Pilaf .....	80
Cheesy Chicken Pasta .....	81

## KETO DIET ON LOW BUDGET

---

Beef Teriyaki With Pineapple.....	82
Roasted Red Potatoes .....	83
Parmesan-Herb Zucchini.....	84
Coconut Brussel Sprouts .....	85
Roasted Green Beans.....	86
Balsamic Chicken.....	87
Honey Garlic Salmon.....	88
Honey Bar-Be-Que Chicken .....	90
Bacon And Potatoes.....	92
Hash Browns.....	94
Coconut No-Bake Cookies .....	95
Greek Yogurt With Flaxseed & Walnuts .....	97
Peanut Butter Protein Bars.....	99
Chocolate Mousse .....	100
Grilled Tri-Tip Steak.....	102
Crispy Chicken Wings.....	103
Cheese Chips.....	104
Taco Crisps.....	105
Zucchini Chips.....	107
Salad Sandwiches .....	109
Egg Mice.....	110
Chicken Nuggets.....	112
Scrambled Eggs .....	114

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## CHEESY HASH BROWNS

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*Cooking time: 20-30 minutes*

### *Nutrition Facts Per Serving*

Calories: 331   Carbs: 11g   Fat: 27g

Fiber: 2g   Protein: 11g

*Makes 12 servings*

#### **Ingredients**

4 medium sized russet potatoes, washed, shredded and squeeze dried in a towel

1/4 cup of cheddar cheese, shredded

2 tablespoons of olive oil

Salt and pepper to taste

#### **Method**

Preheat oven to 425 degrees F.

Combine shredded potatoes, cheddar cheese and olive oil in a bowl.

Lightly grease baking pan.

Mould potato mixture into small patties and transfer to baking pan. Sprinkle with salt and pepper.

Bake for 20 – 30 minutes, flipping them halfway. Until golden brown.

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## FRENCH TOAST

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*Cooking time: 5-7 minutes*

*Nutrition Facts Per Serving*

Calories: 252   Carbs: 8g   Fat: 24g

Fiber: 2g   Protein: 1g

*Makes 3 servings*

### **Ingredients**

6 thick slices of your  
favourite type of  
bread

2 eggs

2/3 cup of milk

Salt to taste

### **Method**

In a medium shallow bowl, beat eggs, milk and salt with a fork. (If using additional ingredients such as cinnamon and vanilla this is where you will add them.)  
2. Coat the bottom of a skillet with cooking oil or butter. Allow to heat over medium-low heat.

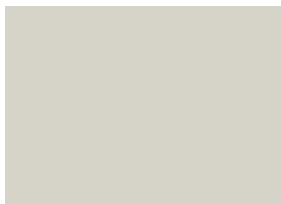
Dip bread slices into egg mixture one at a time and let them soak it up. Slowly turn to coat both sides.

Lightly lift bread from bowl and transfer to hot skillet. Cook



## KETO DIET ON LOW BUDGET

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until both sides are golden brown.

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## BANANA PANCAKES

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*Cooking time: 5 minutes*

### *Nutrition Facts Per Serving*

Calories: 545   Carbs: 11g   Fat: 45g

Fiber: 2g   Protein: 29g

*Makes 1-2 servings*

#### **Ingredients**

1 ripe banana

1 medium egg

2 tablespoons of self-  
rising flour

Salt to taste

#### **Method**

Mash banana in a medium bowl. Mix in egg, salt and flour until smooth.

Cover bottom of a skillet with cooking oil and heat over medium-low heat.

Spoon batter into pan for desired size.

Cook on each side for 1 – 2 minutes, until golden and cooked through. Repeat until batter is finished.

---

## BANANA OATMEAL COOKIES

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*Cooking time: 15 minutes*

*Nutrition Facts Per Serving*

Calories: 243    Carbs: 3g    Fat: 19g

Fiber: 0g    Protein: 15g

*Makes 12-15 servings*

### **Ingredients**

2 ripe bananas

1 cup of rolled oats

½ - 1 cup of your  
chosen third  
ingredient: Chocolate  
chips, sliced almonds,  
chopped peanuts,  
peanut butter,  
walnuts, raisins,  
coconut flakes etc.

### **Method**

Preheat oven to 350 degrees F.

Grease a cookie sheet and set  
aside.

Mash bananas with a fork. Mix  
in oats until smooth.

Add your chosen third  
ingredient and combine well.

Use a spoon to scoop a  
tablespoon of dough into your  
hands and form into cookie  
shape. Continue until you have  
12 – 15 cookies.

## KETO DIET ON LOW BUDGET

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Bake for 12 – 15 minutes until cookies are done.

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## PEPPERONI PIZZA STICKS

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*Cooking time: 15 minutes*

### *Nutrition Facts Per Serving*

Calories: 646   Carbs: 5g   Fat: 54g

Fiber: 3g   Protein: 30g

*Makes 10 servings*

#### **Ingredients**

10 sticks of  
mozzarella cheese

1 tube of pizza dough

30 slices of pepperoni

2 tablespoons of  
melted butter and ½  
teaspoon of dried  
parsley

#### **Method**

Preheat oven to 450 degrees F.

Roll out pizza dough and cut into 10 equal rectangles.

Place 3 slices of pepperoni and a stick of mozzarella in the middle of each rectangle. Roll to enclose the contents and press seams to close.

Brush pizza sticks with butter mixture.

Bake for 10 – 12 minutes or until golden brown.

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## MACARONI AND CHEESE

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*Cooking time: 5-10 minutes*

### *Nutrition Facts Per Serving*

Calories: 220   Carbs: 5g   Fat: 16g

Fiber: 2g   Protein: 14g

*Makes 3 servings*

#### **Ingredients**

1 pound of elbow  
macaroni

5 cups of milk

2 cups of cheddar  
cheese, shredded

#### **Method**

Bring milk to a boil in a large  
saucepan.

Add macaroni to pot and stir  
constantly to prevent clumping.  
Cook for 7 – 10 minutes or until  
pasta is done.

Turn off heat and stir in  
cheddar until it is melted.

---

## STUFFED JALAPENO

---

*Cooking time: 30 minutes*

*Nutrition Facts Per Serving*

Calories: 382   Carbs: 1g   Fat: 37g

Fiber: 0g   Protein: 13g

*Makes 24 servings*

### **Ingredients**

12 fresh jalapeno  
peppers

12 strips of bacon,  
cut in half

1 cup of cheese

24 toothpicks

### **Method**

Preheat oven to 400 degrees F.

Cut the jalapeno peppers in half lengthwise and remove seeds and membrane.

Spoon equal amounts of cheese into each jalapeno half.

Wrap each stuffed pepper with half slice of bacon and secure with a toothpick.

Place on a greased baking sheet and bake for 20 – 30 minutes, until bacon is crisp, and cheese has melted / slightly toasted.

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## PIGS IN A BLANKET

---

*Cooking time: 15 minutes*

*Nutrition Facts Per Serving*

Calories: 100   Carbs: 0g   Fat: 8g

Fiber: 0g   Protein: 7g

*Makes 48 servings*

### **Ingredients**

16 hot dogs

16 slices of cheddar  
cheese

3 - 4 sheets of puff  
pastry, thawed

### **Method**

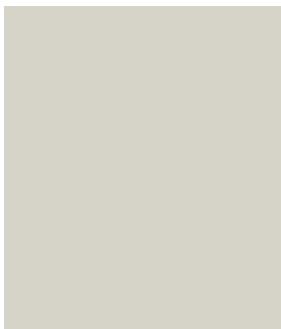
Preheat the oven to 375 degrees F.

Cut puff pastry sheets into 48 even rectangles.

Place a slice of cheddar on the top of each rectangle to one end and add a hot dog on the cheese and roll to seal. Press the seams together to close so that the sausage doesn't slip out.

Cut each puff pastry roll into 3 equal pieces and place on a parchment lined or greased baking sheet. Leave 1 – 1 ½ inches of space between pieces





because they will puff up in the oven.

Bake pigs in a blanket for about 15 minutes until they turn golden brown and cheese has melted.

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## BAKED POTATO

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*Cooking time: 35-45 minutes*

### *Nutrition Facts Per Serving*

Calories: 227   Carbs: 3g   Fat: 19g

Fiber: 0g   Protein: 9g

*Makes 4 servings*

#### **Ingredients**

4 Russet potatoes,  
wash and dried

¼ cup of olive oil

1 tablespoon of salt

#### **Method**

Preheat oven to 450 degrees F.

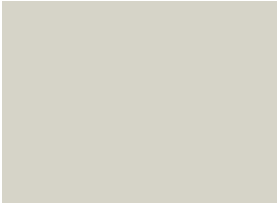
Pierce the potatoes 3 – 4 times with a fork. Arrange on a baking sheet and bake for 10 – 15 minutes until skin looks really dry.

Remove from oven and brush with olive oil and sprinkle with salt.

Place potatoes on a baking sheet on the opposite side and bake for 30 minutes, until potatoes are tender when a fork is inserted.

## KETO DIET ON LOW BUDGET

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Cut and use a fork to fluff the insides and serve with toppings.

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## MOZZARELLA STICKS

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*Cooking time: 10 minutes*

*Nutrition Facts Per Serving*

Calories: 183    Carbs: 6g    Fat: 11g

Fiber: 0g    Protein: 13g

*Makes 12 servings*

### **Ingredients**

12 egg roll wrappers

12 sticks of  
mozzarella

Oil for frying

### **Method**

Unwrap egg roll wrappers and brush each lightly with water.

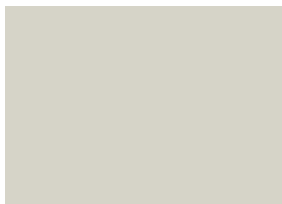
Place a mozzarella stick on each wrapper and roll cheese tightly into wrapper, tuck corners away half way and continue rolling. Seal edges and repeat with each wrapper and mozzarella stick until completed.

Heat oil in medium saucepan over medium-high heat.

Fry mozzarella stick in batches of 4 – 5 at a time, until batch is finished. Be careful not to overcrowd pot.

## KETO DIET ON LOW BUDGET

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Sprinkle with salt and dry on rack or paper towels.

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## HONEY GARLIC CHICKEN

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*Cooking time 30-40 minutes*

### *Nutrition Facts Per Serving*

Calories: 684    Carbs: 27g    Fat: 60g

Fiber: 0g    Protein: 9g

*Makes 3-4 servings*

#### **Ingredients**

3 pounds of skinless  
chicken breast,  
washed and chopped  
into bite size pieces

$\frac{3}{4}$  cup of honey

4 cloves of garlic,  
finely chopped

Salt and Pepper to  
taste

1 cup of soy sauce

#### **Method**

In a medium saucepan, heat soy sauce (or water with ketchup), honey and garlic over medium-low heat until mixture has thickened, about 5 – 10 minutes. Separate into half and set aside.

Toss chicken with salt, pepper, chilli and red pepper flakes. Allow to sit for 15 minutes. Fry pieces over medium-high heat until lightly brown.

In the same pan used to fry chicken, add half of honey-garlic mixture and allow chicken to cook for about 15 – 20 minutes, until sauce has

## KETO DIET ON LOW BUDGET

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2 teaspoons of chili

1 teaspoon of red  
pepper flakes

thickened. Adjust salt and pepper to taste.

Drizzle the other half of the honey garlic sauce over chicken before serving.

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## CHILI GLAZED SALMON

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*Cooking time: 20 minutes*

*Nutrition Facts Per Serving*

Calories: 576   Carbs: 8g   Fat: 44g

Fiber: 3g   Protein: 37g

*Makes 4 servings*

### **Ingredients**

4 salmon fillets

$\frac{3}{4}$  cup chilli sauce

2 teaspoons of honey

Salt and pepper to  
taste

1 teaspoon of siracha

$\frac{1}{4}$  cup of chopped  
scallions

### **Method**

In a bowl, combine chilli sauce, honey, salt, pepper, siracha, scallions and soy sauce.

Place salmon in a plastic bag and add sauce. Allow to sit for 15 minutes.

Preheat oven to 400 degrees F.

Place salmon on a greased baking sheet. Spoon sauce on top.

Bake for 12 – 15 minutes, until salmon is cooked and tender.



## KETO DIET ON LOW BUDGET

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4 tablespoons of soy  
sauce (highly  
recommended)

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## SAFFRON RICE

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*Cooking time: 15 minutes*

*Nutrition Facts Per Serving*

Calories: 212   Carbs: 1g   Fat: 16g

Fiber: 0g   Protein: 16g

*Makes 4 servings*

### **Ingredients**

2 ½ cups of white  
rice, wash and  
drained

3 cups of chicken  
broth / water

2 pinches of saffron  
threads, pounded  
with 2 tablespoons of  
hot water

Salt to taste

### **Method**

After saffron has sat for 5 – 10 minutes. Place rice in large pot, add chicken broth, salt, butter and saffron mixture.

Bring to a boil and stir once or twice.

Bring heat to low and allow to simmer for 10 – 15 minutes, until water has evaporated.

Fluff rice with a fork.

2 tablespoons of  
butter

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## BARBECUE WINGS

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*Cooking time: 30 minutes*

*Nutrition Facts Per Serving*

Calories: 198    Carbs: 1g    Fat: 14g

Fiber: 0g    Protein: 17g

*Makes 4 servings*

### **Ingredients**

2 pounds of chicken wings

½ cup of flour

1 teaspoon of chicken seasoning

½ - 1 cup of cooking oil, for frying

Barbecue Sauce:

1/3 cup of barbecue sauce

### **Method**

Wash and dry chicken wings. Toss chicken wings with chicken seasoning.

Heat oil in a large skillet over medium-high heat. Coat wings with flour and set aside.

Once oil is hot, fry each wing until golden brown and crisp on the outside.

In a small sauce pan, over medium-low heat mix ketchup, barbecue sauce, sugar, chili powder, minced garlic and salt and pepper.

## KETO DIET ON LOW BUDGET

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¼ cup of ketchup

¼ cup of sugar

Salt and pepper to  
taste

2 teaspoons of chili  
powder

3 teaspoons of  
minced garlic

Preheat oven to 400 degrees F.

Pour sauce over wings until completely covered and transfer to a greased baking sheet.

Bake wings for 5 – 7 minutes until sauce has caramelized.

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## CHEESY GARLIC BROCCOLI

---

*Cooking time: 25 minutes*

*Nutrition Facts Per Serving*

Calories: 68    Carbs: 3g    Fat: 4g

Fiber: 0g    Protein: 3g

*Makes 4 servings*

### **Ingredients**

3 cups of broccoli  
florets

3 cloves of garlic,  
minced

¼ cup of cheddar  
cheese, shredded

2 tablespoons of olive  
oil

Salt and pepper to  
taste

### **Method**

Preheat oven to 350 degrees F.

Heat olive oil in a large  
saucepan (if used) and add  
garlic and broccoli to pot. Cook  
for 2 minutes.

Transfer broccoli and garlic to a  
casserole dish and sprinkle the  
cheese on top. Add salt and  
pepper to taste.

Bake for 20 minutes.

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## GARLIC HERB CHICKEN

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*Cooking time: 20 minutes*

*Nutrition Facts Per Serving*

Calories: 351   Carbs: 4g   Fat: 27g

Fiber: 2g   Protein: 23g

*Makes 4 servings*

### **Ingredients**

4 chicken breasts

¼ cup of Italian  
seasoning (or a mix of  
your favorite herbs)

6 garlic cloves, finely  
chopped

2 tablespoons of olive  
oil

Salt and pepper to  
taste

### **Method**

Method: 1. Wash chicken, remove excess fat and skin. Pat dry with a paper towel. Make shallow slices across each chicken breast.

Combine garlic, olive oil, Italian seasoning, salt and pepper in a small bowl.

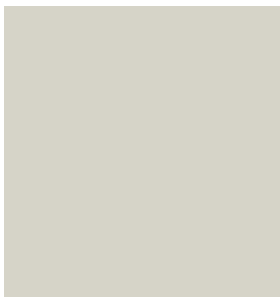
Rub garlic mixture into chicken. Place in a plastic bag and allow to sit for at least 15 minutes.

Preheat oven to 350 degrees F.

Transfer chicken to greased baking sheet. Discard remaining marinade. You can

## KETO DIET ON LOW BUDGET

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add cloves of garlic and sprigs of herbs onto the baking sheet.

Bake chicken for 15 minutes, or until chicken has been fully cooked.



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## BUTTERMILK BISCUITS

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*Cooking time: 12-15 minutes*

### *Nutrition Facts Per Serving*

Calories: 538   Carbs: 6g   Fat: 54g

Fiber: 4g   Protein: 7g

*Makes 7-9 servings*

#### **Ingredients**

2 cups of self-rising  
flour

$\frac{3}{4}$  cup of buttermilk

$\frac{1}{4}$  cup of vegetable  
shortening or  
unsalted butter +  
more for greasing the  
pan

#### **Method**

Preheat oven to 475 degrees F.

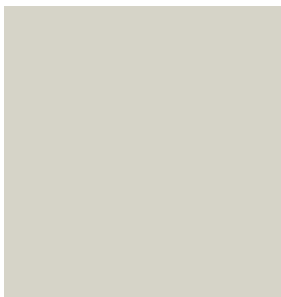
Add butter to flours and use fingers to pinch together until mixture resembles small crumbs.

Mix in buttermilk until completely combined. Knead dough briefly – do not over knead as the biscuits will be tough.

Roll out dough on a lightly floured surface and roll out until  $\frac{1}{2}$  inch thick. Cut out biscuits using a round cutter or the rim of a round glass.

## KETO DIET ON LOW BUDGET

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Place biscuits on greased baking sheet with space between them (the biscuits will rise).

Bake for 10 – 15 minutes until biscuits are golden brown.

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## RICE KRISPIE TREATS

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*Cooking time: 1 Hour*

### *Nutrition Facts Per Serving*

Calories: 264    Carbs: 2g    Fat: 24g

Fiber: 0g    Protein: 10g

*Makes 12 servings*

#### **Ingredients**

6 cups of rice cereal

2 cups of  
marshmallow

$\frac{3}{4}$  cup of butter

#### **Method**

Grease a 9 x 13-inch baking pan with a couple tablespoons of butter.

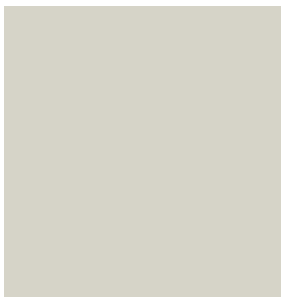
Place remaining butter in a large bowl and microwave for 30 - 45 seconds until melted. Add marshmallows to bowl and stir to cover with butter. Microwave for 1 – 2 minutes until marshmallows are melted.

Add rice cereal to the melted marshmallows and fold until combined.

Pour mixture and press into the greased baking pan. Let it rest at room temperature for 30 – 40

## KETO DIET ON LOW BUDGET

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minutes or allow it to cool in the refrigerator for 20 – 30 minutes.

Cut treats into squares and remove from pan.

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## NUTELLA BROWNIES

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*Cooking time: 15 minutes*

*Nutrition Facts Per Serving*

Calories: 415   Carbs: 4g   Fat: 43g

Fiber: 1g   Protein: 3g

*Makes 12 servings*

### **Ingredients**

3 cups of Nutella

1 ½ cups of all-  
purpose flour

3 large eggs

### **Method**

Preheat oven to 350 degrees F,  
grease 9 x 13-inch pan.

Combine Nutella, flour and  
eggs. Pour into baking pan and  
spread mixture to the edges.

Bake for 20 – 25 minutes until  
it looks set and slightly crisp.

Allow to cool and cut into  
squares.

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## COCONUT MACAROONS

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*Cooking time: 20 minutes*

*Nutrition Facts Per Serving*

Calories: 246   Carbs: 5g   Fat: 22g

Fiber: 0g   Protein: 7g

*Makes 30-40 servings*

### **Ingredients**

5 ½ cups of  
sweetened coconut  
flakes

2 cups of sweetened  
condensed milk

1 tablespoon of  
vanilla extract

### **Method**

Preheat oven to 350 degrees F.  
line a baking sheet with  
parchment paper.

Combine sweetened coconut  
flakes, condensed milk and  
vanilla in a large bowl.

Use a tablespoon or ice cream  
scoop to scoop out mixtures  
and arrange them onto the  
baking sheet. Making sure to  
space them at least 1 ½ inches  
apart.

Bake macaroons for 15 – 20  
minutes until they're golden  
brown.

---

## CHOCOLATE FUDGE

---

*Cooking time: 5 minutes*

### *Nutrition Facts Per Serving*

Calories: 115   Carbs: 13g   Fat: 11g

Fiber: 0g   Protein: 3g

*Makes 4 servings*

#### **Ingredients**

2 cups of chocolate  
chips

2 cups of condensed  
milk

1 teaspoon of vanilla  
extract

#### **Method**

In a large microwave safe bowl, add chocolate chips and condensed milk. Microwave in 30-second intervals and stir until melted and combined.

Line a 9" x 9" baking pan and grease with butter or cooking spray.

Fold vanilla into mixture. Pour into baking pan and refrigerate for at least an hour.

Cut into small squares.

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## STRAWBERRY SORBET

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*Cooking time: 10 minutes*

### *Nutrition Facts Per Serving*

Calories: 118   Carbs: 3g   Fat: 10g

Fiber: 1g   Protein: 4g

*Makes 4 servings*

#### **Ingredients**

4 cups of frozen  
strawberries, stems  
removed and cut in  
half

4 tablespoons of  
maple syrup

1 teaspoon of lime  
juice

$\frac{1}{4}$  cup of water

#### **Method**

Blend frozen strawberries,  
maple syrup and lime juice.

Add a little water to make sure  
everything is smooth and well  
combined.

Can be served immediately or  
freeze for 2 – 3 additional  
hours.



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## CHOCOLATE FUDGE POPS

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*Prep time: 4 Hours*

*Nutrition Facts Per Serving*

Calories: 329    Carbs: 5g    Fat: 33g

Fiber: 1g    Protein: 3g

*Makes 4-6 servings*

### **Ingredients**

1 ½ cups whole milk  
/ coconut milk

2 cups of sweetened  
condensed milk

1/3 cup unsweetened  
cocoa powder

Pinch of salt

### **Method**

Blend milk, condensed milk, cocoa powder and salt until well combined and smooth.

Pour into ice-pop moulds and leave a little space at the top of each.

Freeze for 1 hour and insert popsicle sticks. Freeze for at least 4 more additional hours until firm.

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## WATERMELON MARGARITAS

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*Prep time: 10 Minutes*

### *Nutrition Facts Per Serving*

Calories: 208    Carbs: 7g    Fat: 16g

Fiber: 3g    Protein: 9g

*Makes 4 servings*

#### **Ingredients**

2 cup of watermelon  
juice

4 tablespoons of lime  
juice, freshly  
squeezed

7 - 10 tablespoons of  
rum

2 mint leaves

1 teaspoon of sugar

#### **Method**

Add all ingredients (including mint leaves) and about ½ cup of ice to a cocktail shaker and shake to combine.

You can add more ingredients or 1 teaspoon of granulated sugar to adjust the margarita to your taste.

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## RASPBERRY VODKA LEMONADE

---

*Prep time: 5 Minutes*

*Nutrition Facts Per Serving*

Calories: 201    Carbs: 6g    Fat: 17g

Fiber: 1g    Protein: 6g

*Makes 2 servings*

### **Ingredients**

10 fresh raspberries

3 ounces of citrus  
flavoured vodka

1 cup of lemonade

1 teaspoon of sugar

### **Method**

Add vodka, lemonade, raspberries and sugar to cocktail shaker.

Pour over ice and garnish.

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## STRAWBERRY CHAMPAGNE SLUSHY

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*Prep time: 5 Minutes*

*Nutrition Facts Per Serving*

Calories: 864   Carbs: 23g   Fat: 73g

Fiber: 13g   Protein: 35g

*Makes 3 servings*

### **Ingredients**

3 cups of frozen  
strawberries

3 cups of chilled  
champagne

### **Method**

Blend strawberries until  
smooth.

Add champagne, pulse a few  
times and serve.

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## RASPBERRY CAKE

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*Prem time: 10 Minutes*

*Cook time: 30 Minutes*

*Nutrition Facts Per Serving*

Calories: 296.6    Net Carbs: 23g

Fiber: 2g    Protein: 13.4g

*Makes 12 servings*

### **Ingredients**

2 cups raspberries

2 cups melted vanilla  
ice cream

1 ½ c self-rising flour

### **Method**

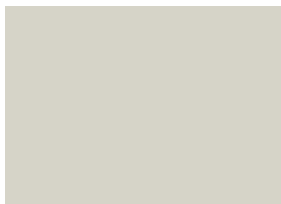
The first thing you will do for this recipe is preheat the oven to 375 degrees F and prepare a baking pan.

Then you will combine the ice cream and flour in a bowl until it is smooth, then you pour the dough into the baking pan and sprinkle the raspberries on top.

Then place it in the oven and bake for 30 minutes or until the top becomes golden brown.

## KETO DIET ON LOW BUDGET

---



Serve warm with a scoop of ice cream

---

## CREAMY CHICKEN

---

*Prem time: 5 Minutes*

*Cook time: 1 ½ Minutes*

### *Nutrition Facts Per Serving*

Calories: 375   Net Carbs: 3g

Fiber: 27g   Protein: 27g

*Makes 6 servings*

#### **Ingredients**

1 can cream of  
mushroom soup

1 ½ cups diced  
mushrooms

6 boneless chicken  
breasts

#### **Method**

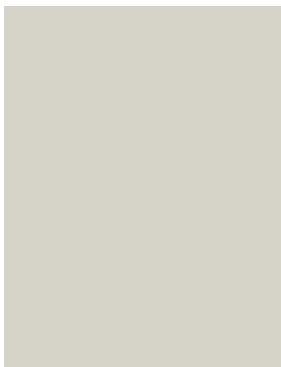
The first thing you will do is preheat the oven to 275 degrees F and cover a baking pan with foil.

Then you will combine the soup with the mushrooms, you can add a little bit of water to help make it easier to mix the soup.

Now arrange the chicken breasts in the baking dish and cover with the soup and mushrooms.

## KETO DIET ON LOW BUDGET

---



Then you will place it in the oven and cook for 1 ½ hours, until the chicken is thoroughly cooked.

Serve with rice for a complete meal.



---

## SAUSAGE AND BISCUITS

---

*Prem time: 5 Minutes*

*Cook time: 4 Minutes*

### *Nutrition Facts Per Serving*

Calories: 600    Net Carbs: 3g

Fat: 48g    Protein: 43g

*Makes 5-8 servings*

#### **Ingredients**

2 cans of cream of  
mushroom soup

2 cans biscuits

1 lb. ground sausage

#### **Method**

The first thing you have to do is brown the sausage in a skillet.

Then you will open 1 can of the biscuits and put them on the bottom of a slow cooker.

Then you put the sausage on top and pour the can of soup over top.

DO this again, another layer of biscuits, sausage and gravy.

Replace the cover and allow to cook on low for 4 hours.

---

## PEANUT BUTTER COOKIES

---

*Prem time: 10 Minutes*

*Cook time: 8 Minutes*

### *Nutrition Facts Per Serving*

Calories: 134    Net Carbs: 7g

Fat: 10.4g    Protein: 3g

*Makes 6 servings*

#### **Ingredients**

1 large egg

1 cup sugar

1 cup peanut butter  
(smooth)

#### **Method**

The first step is to preheat the oven to 350 degrees and prepare a cookie sheet.

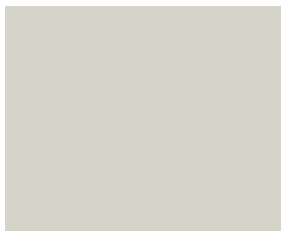
Mix all three ingredients in a medium bowl, until they are well combined and smooth.

Then you will use a spoon and drop portions of the dough onto the cookie sheet.

Place in the oven for about 8 minutes or until they are soft and golden on the bottoms.

## KETO DIET ON LOW BUDGET

---



Enjoy with a glass of milk or a cup of hot chocolate.

---

## BROCCOLI CHEDDAR EGG MUFFINS

---

*Prem time: 10 Minutes*

*Cook time: 15 Minutes*

*Nutrition Facts Per Serving*

Calories: 192    Net Carbs: 8g

Fat: 17g    Protein: 2g

*Makes 6 servings*

### **Ingredients**

5 eggs

1 cup shredded  
cheddar cheese

1 cup broccoli

### **Method**

Start off by preheating the oven to 375 degrees F.

Now you will chop the broccoli into smaller pieces and combine it with the eggs.

Next thing you will do is pour it into muffin tins.

Now you will sprinkle the cheese evenly among the muffins and place in the oven to

## KETO DIET ON LOW BUDGET

---



bake for 12-15 minutes. Until the eggs are cooked thoroughly.

---

## ALMOND BARS

---

*Prem time: 5 Minutes*

*Cook time: 15 Minutes*

### *Nutrition Facts Per Serving*

Calories: 192    Net Carbs: 8g

Fat: 17g    Protein: 2g

*Makes 8 servings*

#### **Ingredients**

3 cups old fashion  
oats

$\frac{3}{4}$  cups honey

1 cup almond bars

#### **Method**

Before doing anything else, preheat the oven to 350 degrees F and prepare a baking dish.

Now melt the butter and honey in a heated saucepan, remember to stir while they melt.

In a large bowl, combine this mixture with the oats and stir until well combined.

Now transfer the mixture from the bowl to the baking dish and press down. Bake for 15

## KETO DIET ON LOW BUDGET

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minutes or until brown. Allow to cool before eating or storing.

---

## HONEY BBQ SHRIMP

---

*Prem time: 5 Minutes*

*Cook time: 15 Minutes*

### *Nutrition Facts Per Serving*

Calories: 77    Net Carbs: 1g

Fat: 7g    Protein: 1g

*Makes 4 servings*

#### **Ingredients**

1 lb. shrimp

½ cup honey

1 ½ cups Sweet BBQ  
sauce

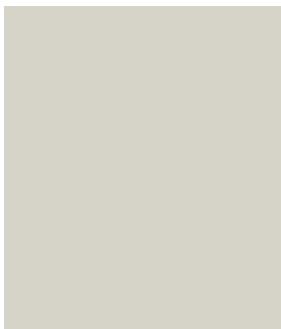
#### **Method**

First you want to heat the grill to a medium heat. In a small bowl combine the honey and BBQ sauce.

Then put half into a Ziploc bag and add the shrimp. Toss to coat the shrimp and allow it to sit for 5 minutes.

Then skewer the shrimp like kabobs and place on the grill, use a cooking brush to brush some of the remaining sauce onto the shrimp.





After 5 minutes, flip and brush more sauce onto the other side and allow to cook for 5 more minutes, or until the shrimp turns pink.

---

## CHICKEN IN SOY SAUCE

---

*Prem time: 25 Minutes*

*Cook time: 4-6 Minutes*

*Nutrition Facts Per Serving*

Calories: 352    Net Carbs: 3g

Fat: 31g    Protein: 5g

*Makes 4 servings*

### **Ingredients**

4 Chicken breasts

1 ½ cups Soy Sauce

1 cup Worcestershire  
Sauce

### **Method**

The first step is to whisk together the soy and Worcestershire sauces until they are combined.

Then you will pour the sauce into a Ziploc bag and place the chicken inside. Toss and then chill for about 20 minutes.

After chilling, transfer everything into a crock pot and cook on low for 4-6 hours.

## KETO DIET ON LOW BUDGET

---



Serve with white or brown rice and vegetables for a complete meal.

---

## GLAZED APRICOT CHICKEN

---

*Prem time: 5 Minutes*

*Cook time: 1 Hr.*

### *Nutrition Facts Per Serving*

Calories: 135    Net Carbs: 5g

Fat: 7g    Protein: 8g

*Makes 4-6 servings*

#### **Ingredients**

3 lb. chicken breasts

1 bottle Catalina  
dressing

1 envelop onion soup  
mix

½ jar apricot jam

#### **Method**

Preheat the oven to 350 degrees F. You will want to put the chicken into a baking dish, with the skin facing up.

Next combine the other ingredients and pour over the chicken. Place into the oven and cook for an hour.

Serve with vegetables for a pleasing meal.

## BANANA PANCAKES

---

*Prem time: 5 Minutes*

*Cook time: 15 Min*

### *Nutrition Facts Per Serving*

Calories: 90    Net Carbs: 0g

Fat: 6g    Protein: 7g

*Makes 4-8 servings*

#### **Ingredients**

6 eggs

1/3 cup coconut flour

3 ripe bananas

#### **Method**

The first then you will do is puree the ingredients in a blender or food processor until they have a smooth creamy texture.

Add a tablespoon of flour if the batter looks a little too thin.

Then pour some of the batter on a skillet over medium heat and cook for 3 minutes, flip and cook for another 3 minutes. Repeat the process until you are out of batter.

---

## CHICKEN CAPRESE SALAD

---

*Prem time: 20 Minutes*

*Cook time: 10 Minutes*

### *Nutrition Facts Per Serving*

Calories: 90    Net Carbs: 0g

Fat: 6g    Protein: 7g

*Makes 4 servings*

#### **Ingredients**

4 boneless chicken  
breasts

½ lb. mozzarella balls

8 oz. cherry tomatoes,  
halves

#### **Method**

Cut the mozzarella balls into quarters and place them into a bowl, drizzle some oils on top of the cheese.

Then add the tomatoes, sprinkle with salt and pepper, and combine. On a grill or skillet cook the chicken for about 10 minutes, turning once.

Once cooked cut into bite sized pieces and add to the cheese and tomatoes, toss to combine and serve.

---

## CHOCOLATE FUDGE

---

*Prem time: 5 Minutes*

*Cook time: Varies*

### *Nutrition Facts Per Serving*

Calories: 510    Net Carbs: 3g

Fat: 36g    Protein: 44g

*Makes 12 servings*

#### **Ingredients**

2 cups chocolate  
chips

14 oz. condensed  
milk

2 tbsp. butter

#### **Method**

Place the ingredients in a metal bowl.

Place the bowl into a saucepan of boiling water to melt the butter and chocolate chips.

Make sure you stir consistently to avoid burning.

Once melted and smooth, transfer to a baking pan and chill until the fudge becomes firm. Cut into squares and serve.

---

## BANANA BREAD COOKIES

---

*Prem time: 10 Minutes*

*Cook time: 15 Minutes*

### *Nutrition Facts Per Serving*

Calories: 42    Net Carbs: 2.64g

Fat: 2.9g    Protein: 1.8g

*Makes 12 servings*

#### **Ingredients**

2 bananas

$\frac{1}{4}$  cup walnuts,  
chopped

1 cup rolled oats

#### **Method**

For this recipe, preheat the oven to 350 degrees F.

Now put the bananas into a bowl and mash them with your fingers, then add the oats and walnuts.

Next, drop portions of the dough onto a prepared cookie sheet and bake for 15 minutes. Remove from the oven and serve warm.



---

## SUMMER BERRY TARTS

---

*Prem time: 20 Minutes*

*Cook time: 25 Minutes*

### *Nutrition Facts Per Serving*

Calories: 575    Net Carbs: 3.5g

Fat: 51g    Protein: 19g

*Makes 4 servings*

#### **Ingredients**

1 lb. berries (your  
choice)

¼ cup sugar

7 oz. puff pastry

#### **Method**

The first step is to preheat the oven to 375 degrees F and line a baking sheet with the puff pastry.

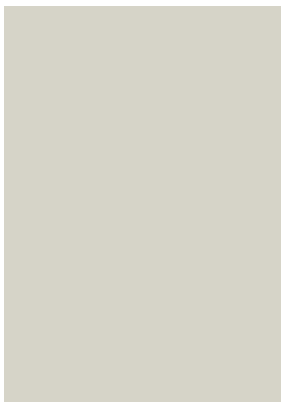
Then cut it into two sections and then cut it again to for triangles, so you should have 4 triangles.

Place this into the fridge for 10 minutes. Once chilled bake the pastry for about 25 minutes until golden brown.

While the pastry is baking bring the sugar to a simmer with

## KETO DIET ON LOW BUDGET

---



some water (about  $\frac{1}{4}$  cup will do). Add your berries and stir for a minute or two.

Remove from heat and drizzle the berries and sauce over top. Serve with a scoop of vanilla ice cream.

---

## HONEY MUSTARD SALMON

---

*Prem time: 5 Minutes*

*Cook time: 10 Minutes*

### *Nutrition Facts Per Serving*

Calories: 42    Net Carbs: 2.64g

Fat: 2.9g    Protein: 1.8g

*Makes 4 servings*

#### **Ingredients**

4 Salmon Steaks

4 tbsp. honey

4 tbsp. mustard

#### **Method**

The first thing you will do is preheat the oven to 400 degrees F.

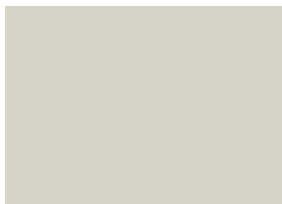
While that preheats, combine the mustard, honey and some oil in a bowl.

Then line a baking pan with foil and place the steaks onto the foil.

Using a cooking brush, brush the glaze onto the salmon steaks. Bake for about 8-10

## KETO DIET ON LOW BUDGET

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minutes until the fish is thoroughly cooked.

---

## GREEK PORTOBELLO

---

*Prem time: 5 Minutes*

*Cook time: 15 Minutes*

*Nutrition Facts Per Serving*

Calories: 575    Net Carbs: 3.5g

Fat: 51g    Protein: 19g

*Makes 2-4 servings*

### **Ingredients**

4 portobello caps

1 small zucchini

1/3 cup feta

### **Method**

The first step is to preheat the oven to 450 degrees F.

Now drizzle some oil onto the Portobello and place it in a baking dish.

Then you will shred the zucchini into a small bowl and combine with the feta.

Once this is combined use a tablespoon to place portions of the mixture into the caps. Bake for 15 minutes.

---

## HONEY CINNAMON SWEET POTATOES

---

*Prem time: 5-8 Minutes*

*Cook time: 15 Minutes*

*Nutrition Facts Per Serving*

Calories: 490    Net Carbs: 4g

Fat: 34g    Protein: 35g

*Makes 4 servings*

### **Ingredients**

4 Sweet potatoes

½ cup honey

3 tbsp. cinnamon

### **Method**

The first thing to do is to preheat the oven to 350 degrees F.

Then you will put the cubed sweet potatoes into a greased baking dish.

Drizzle the honey over the top of the potatoes and sprinkle the cinnamon on top of the honey.

## KETO DIET ON LOW BUDGET

---



Stir to combine and bake for 15 minutes, or until the potatoes become tender.

---

## SWEET AND SAVORY GLAZED PORK

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*Prem time: 10 Minutes*

*Cook time: 4-8 Hrs.*

### *Nutrition Facts Per Serving*

Calories: 443    Net Carbs: 3g

Fat: 36.2g    Protein: 25.7g

*Makes 4 servings*

#### **Ingredients**

12 oz. chili sauce

4-6 pork chops  
(boneless)

1 cup grape jelly

#### **Method**

The first thing you will do is arrange the pork chops on the bottom of the crock pot.

Then combine the jelly and the chili sauce in a bowl, then drizzle this on top of the pork chops until they are coated.

Now set the crock pot to low for about 7-8 hours (or on high for 4 hours). Serve with rice.



---

## SLOW COOKER APPLE CAKE

---

*Prem time: 5 Minutes*

*Cook time: 3-5 Hr.*

### *Nutrition Facts Per Serving*

Calories: 344    Net Carbs: 2.1g

Fat: 30.9g    Protein: 15.5g

*Makes Varies servings*

#### **Ingredients**

1 box yellow cake mix

1 can apple pie filling

1 stick butter

#### **Method**

For this recipe, put the whole can of apple pie filling into the crock pot, cover it with the cake mix and the butter on top.

Cover and cook for about 3.5 hours. Serve with a scoop of ice cream.

## THAI SALMON

---

*Prem time: 2 Hrs. 10 Minutes*

*Cook time: 8 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 344   Net Carbs: 2.1g

Fat: 30.9g   Protein: 15.5g

*Makes 6 servings*

#### **Ingredients**

6 salmon fillets

2-3 green onions

$\frac{2}{3}$  cup Thai chili  
sauce

#### **Method**

First prepare the salmon to marinate for 2 hours; brush or rub 2 tbsp. of the chili sauce onto the fillets, top and bottom. Allow this to marinate.

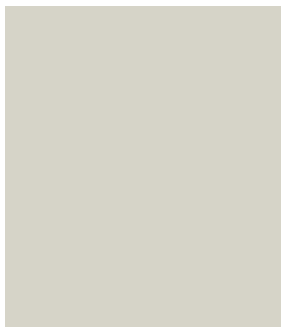
Then you will turn your broiler on high. Place the salmon onto a baking sheet and coat with any leftover sauce.

Now broil the salmon for about 8 minutes.

Remove from the oven and top with any sauce you may have left, then broil for another 5

## KETO DIET ON LOW BUDGET

---



minutes or until the fish begins to caramelize.

Garnish with the onions and serve with rice or a salad.

---

## ROASTED CHICKPEAS

---

*Prem time: 5 Minutes*

*Cook time: 20 Minutes*

*Nutrition Facts Per Serving*

Calories: 444    Net Carbs: 2g

Fat: 35g    Protein: 25g

*Makes 4-5 servings*

### **Ingredients**

1 can chickpeas

1 tsp paprika

1 tbsp. oil

### **Method**

The first thing to do is preheat the oven to 425 degrees F.

While the oven is preheating combine the oil and paprika and toss with the chickpeas.

Then evenly distribute the chickpeas on a baking sheet. Place into the oven and bake for 20 minutes.

---

## CILANTRO GRILLED CORN

---

*Prem time: 10 Minutes*

*Cook time: 5 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 214   Net Carbs: 3.81g

Fat: 17g   Protein: 6.52g

*Makes 4 servings*

#### **Ingredients**

2 Ears of corn, cut  
into 6 pieces

1 tsp lemon juice

¼ cup cilantro

#### **Method**

The first thing to do is toss the corn in a medium bowl with oil.

Heat the grill to a medium heat and cook the corn for 10 minutes, be sure to turn it.

Then move the corn from the grill to another bowl and toss it with the cilantro and juice.

---

## APPLE CHICKEN

---

*Prem time: 5 Minutes*

*Cook time: 45 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 350    Net Carbs: 4g

Fat: 27g    Protein: 24g

This recipe is one that will fill your home with a delicious hearty aroma, and make your mouth water. This is a great meal to prepare for the family that will leave them wanting more.

*Makes 4 servings*

#### **Ingredients**

1 ½ lb. chicken  
breasts

1 ½ cups apple juice

Salt and pepper to  
taste.

#### **Method**

The first thing you will want to do is bring the apple juice to a slow boil and add the chicken to the juice. Simmer for 15 minutes, then flip the chicken, simmer once more and cook covered. Now open the lid slightly and allow the juice to thicken and reduce. Cook for another 15 minutes, the juice will become thick and syrup-

## KETO DIET ON LOW BUDGET

---

1 ½ lb. chicken  
breasts

1 ½ cups apple juice

Salt and pepper to  
taste.

like in texture. Remove from the heat and serve with rice or mashed potatoes.

---

## PARMESAN AND PESTO POTATOES

---

*Prem time: 5 Minutes*

*Cook time: 30 Minutes.*

*Nutrition Facts Per Serving*

Calories: 350    Net Carbs: 4g

Fat: 27g    Protein: 24g

*Makes 8 servings*

### **Ingredients**

2 lb. potatoes (red  
works best)

2 tbsp. pesto

3 tbsp. Parmesan  
cheese

### **Method**

Preheat the oven to 400 degrees F.

Then toss the cubed potatoes and the pesto in a large bowl.

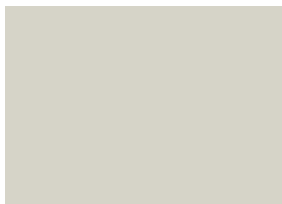
Arrange the potatoes on a baking sheet and then season with salt and pepper.

Bake in the oven for 20 minutes, sprinkle with parmesan cheese and cook for



## KETO DIET ON LOW BUDGET

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another 10 minutes. Best served warm.

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## CHOCOLATE HAZELNUT BROWNIES

---

*Prem time: 10 Minutes*

*Cook time: 25 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 789    Net Carbs: 4.7g

Fat: 70g    Protein: 29g

*Makes 9 servings*

#### **Ingredients**

1 jar  
chocolate/hazelnut  
spread

$\frac{2}{3}$  cup flour

2 eggs

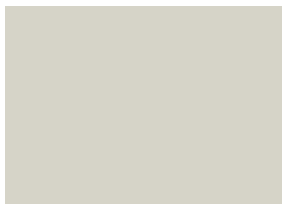
#### **Method**

The first thing you will want to do is preheat the oven to 350 degrees F and prepare a baking pan.

Next in a bowl combine the spread, eggs, and  $\frac{1}{4}$  cup of water using a whisk.

Then slowly add in the flour and transfer to the pan.

Bake for about 20-25 minutes or until the edges begin to set



and become crisp. Allow to cool.

---

## BISCUITS AND GRAVY

---

*Prem time: 5 Minutes*

*Cook time: 4 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 214   Net Carbs: 3.81g

Fat: 17g   Protein: 6.52g

*Makes 4-8 servings*

#### **Ingredients**

1 lb. breakfast sausage  
(ground)

2 cans cream of  
mushroom soup

2 cans biscuits

#### **Method**

The first thing you need to do is to brown the sausage.

Then place a can of the biscuits into the slow cooker, and add half the sausage and one of the cream of mushroom soup cans.

Do this one more time with the remaining ingredients. Place the cooker on low and cook for 4 hours, or on high for 1.5 hours.

## DR. PEPPER PORK

---

*Prem time: 10 Minutes*

*Cook time: 4-5 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 153    Net Carbs: 4.2g

Fat: 9g    Protein: 9.9g

*Makes 4-6 servings*

#### **Ingredients**

2 lbs. of pork roast

1 can Dr. Pepper

1 pack onion soup  
mix

#### **Method**

Place the pork into the crock pot. Then lightly spread the onion soup mix over the pork.

Next pour on the Dr. Pepper. Now cook for 4-5 hours on high.

Once it is finished cooking, drain any excess juice and shred the pork with a fork.

Then serve on buns with BBQ sauce if desired.

---

## MUSHROOM RICE PILAF

---

*Prem time: 10 Minutes*

*Cook time: 30 Minutes.*

*Nutrition Facts Per Serving*

Calories: 437    Net Carbs: 9g

Fat: 12g    Protein: 8g

*Makes 4-6 servings*

### **Ingredients**

$\frac{3}{4}$  cup brown rice

6 mushrooms  
(chopped)

1  $\frac{3}{4}$  cups vegetable  
brother

### **Method**

Sauté the mushrooms in a saucepan over medium to low heat for roughly 5 minutes.

Then stir in the rice and cook for another 3 minutes. Now pour in the broth and stir.

Cover this with a lid and allow it to simmer for about 30 minutes, or until the rice is tender.

---

## CHEESY CHICKEN PASTA

---

*Prem time: 10 Minutes*

*Cook time: 30 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 404    Net Carbs: 3.5g

Fat: 39.6g    Protein: 19.6g

*Makes 4 servings*

#### **Ingredients**

1 lb. pasta of your  
choice

8 oz. pack of cheese,  
cubed (Velveeta  
works best)

2 cans chicken

#### **Method**

The first thing to do is boil your chicken for about 15 minutes.

Now remove the chicken, but add the pasta and boil the pasta.

Once the pasta has finished cooking, drain and add the cheese and cubed (or shredded) chicken. Stir to combine.

Season with salt, pepper or even some Italian seasons and serve with a salad and garlic toast. YUM!

## BEEF TERIYAKI WITH PINEAPPLE

---

*Prem time: 5-10 Minutes*

*Cook time: 5-6 Minutes.*

*Nutrition Facts Per Serving*

Calories: 103    Net Carbs: 3g

Fat: 9g    Protein: 1g

*Makes 6-8 servings*

### **Ingredients**

2 lb. stew beef cubes

1 can pineapple  
pieces

1 bottle teriyaki sauce

### **Method**

The first thing to do is place the stew beef into the slow cooker.

Then put the sauce on top of the beef, and allow to cook on high for 5-6 hours.

During the last 25 minutes, you will add the pineapples and continue to cook. Serve on a bed of rice.



---

## ROASTED RED POTATOES

---

*Prem time: 10 Minutes*

*Cook time: 45 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 530    Net Carbs: 4.5g

Fat: 41g    Protein: 15g

*Makes 4-6 servings*

#### Ingredients

1 ½ lbs. red potatoes,  
cubed

1 tbsp. rosemary

1 tbsp. oil

#### Method

The first thing you will want to do is preheat the oven to 400 degrees F and prepare a baking pan.

In a bowl, you will toss the potatoes in oil and rosemary.

Place onto the baking sheet and roast for 45 minutes.

They are finished when the potatoes begin to turn golden brown. Season with salt and pepper or even parmesan cheese to taste.

---

## PARMESAN-HERB ZUCCHINI

---

*Prem time: 10 Minutes*

*Cook time: 15 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 370    Net Carbs: 8g

Fat: 32g    Protein: 11g

*Makes 1-2 servings*

#### **Ingredients**

1 large zucchini

1 cup Parmesan  
Cheese

2 tbsp. rosemary and  
thyme

#### **Method**

The first thing to do is preheat the oven to 350 degrees F and prepare a baking pan.

Now slice the zucchini lengthwise.

Now, using a cooking brush, brush oil over top and sprinkle parmesan cheese and herbs over top.

Place in the oven and bake for 15 minutes, until the cheese becomes golden.

---

## COCONUT BRUSSEL SPROUTS

---

*Prem time: 10 Minutes*

*Cook time: 40 Minutes.*

*Nutrition Facts Per Serving*

Calories: 361    Net Carbs: 2g

Fat: 28.3g    Protein: 22g

*Makes 2-4 servings*

### **Ingredients**

4 cups Brussel  
Sprouts (quartered)

1 cup Coconut oil

3 tbsp. rosemary

### **Method**

Preheat the oven to 350 degrees F and prepare a baking dish with foil.

In a medium bowl toss the Brussel sprouts in the oil and rosemary and arrange them onto the baking sheet. Place into the oven and bake for 40 minutes.

---

## ROASTED GREEN BEANS

---

*Prem time: 5 Minutes*

*Cook time: 20 Minutes.*

*Nutrition Facts Per Serving*

Calories: 520    Net Carbs: 4g

Fat: 36g    Protein: 45g

*Makes 4-6 servings*

### **Ingredients**

1 lb. green beans

1 tbsp. oil

5 tbsp. oregano,  
parsley

### **Method**

Preheat the oven to 350 degrees F and prepare a baking pan.

In a medium bowl toss the green beans with the oil and herbs.

Then arrange on the baking pan and place in the oven for 20 minutes.

---

## BALSAMIC CHICKEN

---

*Prem time: 5 Minutes*

*Cook time: 25 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 510    Net Carbs: 4g

Fat: 33g    Protein: 510g

*Makes 4 servings*

#### **Ingredients**

4 boneless, chicken  
breast halves

3/4 cup balsamic  
vinegar

#### **Method**

First place the vinegar and chicken in a sealable bag and allow the chicken to marinate for at least 4 hours in the fridge or cooler.

Then you will wrap the chicken in foil and place onto the grill for about 20 minutes and then flip it for another 15 minutes.

Remove from the heat and serve with vegetables or rice.

## HONEY GARLIC SALMON

---

*Prem time: 10 Minutes*

*Cook time: 10-15 Minutes.*

*Nutrition Facts Per Serving*

Calories: 365   Net Carbs: 2.6g

Fat: 28g   Protein: 29g

Occasionally you need to shake it up a bit, have something non-traditional like salmon or another type of fish. This recipe could be cooked in the oven or on the grill, for this recipe we use the oven. 4 salmon filets 3 tbsp. garlic

*Makes 4 servings*

### **Ingredients**

4 salmon filets

3 tbsp. garlic

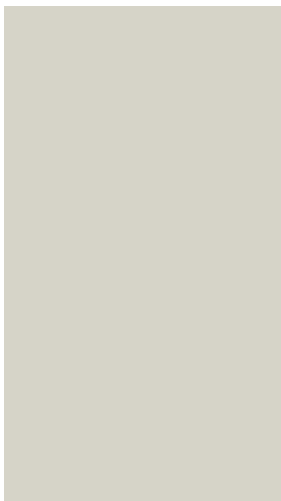
1 cup honey

### **Method**

Preheat the oven to 350 degrees F and prepare a baking dish.

In a small bowl combine the garlic and honey, you can add a little water to help make the honey easy to work with.

Place the salmon in the center of the baking dish.



Drizzle the honey garlic over the salmon, or use a brush to brush it on.

Place into the oven for 15 minutes, flip the salmon and brush more of the sauce on top and continue cooking for another 15 minutes. Remove and enjoy warm with salad or vegetables.

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## HONEY BAR-BE-QUE CHICKEN

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*Prem time: 10 Minutes*

*Cook time: 20 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 426    Net Carbs: 4.3g

Fat: 32.2g    Protein: 30.8g

Other than having hamburgers or hotdogs, another typical grilling food is chicken. It is so easy to cook and versatile that it's easy to find something to make with it. 4 chicken breasts (boneless)

*Makes 4 servings*

#### **Ingredients**

4 chicken breasts  
(boneless)

½ cup BBQ sauce

#### **Method**

First you will whisk together the honey and BBQ sauce.

Then brush the chicken with the BBQ sauce and allow it to marinate in a cooler for an hour prior to cooking.



1 ½ tbsp. honey

After marinating, you want to brush some more on. Arrange the chicken in the center of the grill with desired vegetables.

Season with salt/pepper over the chicken and vegetables. Cook for 20 minutes, flipping once.

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## BACON AND POTATOES

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*Prem time: 10 Minutes*

*Cook time: 15 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 459    Net Carbs: 3.5g

Fat: 35g    Protein: 27g

Bacon and potatoes is a breakfast fit for any day of activity regardless of what you plan on doing. This recipe will give you all the energy you need to get going for the day. Plus, who doesn't love bacon?

*Makes 4 servings*

#### **Ingredients**

6 medium potatoes  
(cubed)

12 pieces of bacon

1 pepper, diced

#### **Method**

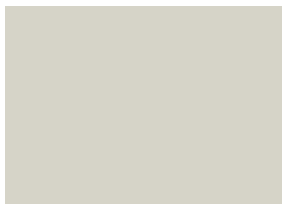
Lay your bacon down on the skillet, and cook until crisp.

Set aside, then in the same skillet sauté the potatoes for about 10 minutes.

Once they begin to get golden and soft add in the pepper and bacon and continue to sauté for

## KETO DIET ON LOW BUDGET

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5 minutes until well combined.  
Serve with eggs and toast.

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## HASH BROWNS

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*Prem time: 5 Minutes*

*Cook time: 10 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 493    Net Carbs: 4.8g

Fat: 35g    Protein: 37.5g

Hash browns are a great way to start off the day and add something delicious to your breakfast. This recipe uses a mountain pie marker to bring that delicious flavor to the breakfast table.

*Makes Varies servings*

#### **Ingredients**

2 cups hash brown  
potatoes

¼ cup shredded  
cheddar

1 tomato, thinly sliced

#### **Method**

Heat a skillet over medium heat, then sauté the potatoes until they begin to get golden, about 10 minutes.

Sprinkle the cheese and onions on top and stir until the cheese melts into the hash browns. Serve with eggs, waffles, anything you want for breakfast.

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## COCONUT NO-BAKE COOKIES

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*Prem time: 2 Minutes*

*Cook time: 10 Minutes.*

*Nutrition Facts Per Serving*

Calories: 373    Net Carbs: 3g

Fat: 4.3g    Protein: 20g

*Makes 20 servings*

### **Ingredients**

1 Cup melted  
coconut oil

1/2 Cup monk fruit,  
sweetened maple  
syrup, or other  
natural sweetener of  
choice

### **Method**

Cut out a sheet of parchment paper and place on a cookie sheet.

Combine all the ingredients.

Run your hands through some water from the tap and shape the mixture into small balls. Arrange them on the pan around 1 to 2 inches apart.

3 Cups shredded,  
unsweetened coconut  
flakes

Press them down to form a cookie and refrigerate until firm.

You can put these into individual bags if you're an on-the-go kind of person. It will stay fresh for up to 7 days (room temperature). Store in the fridge for up to a month or in the freezer for up to two months.

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## GREEK YOGURT WITH FLAXSEED & WALNUTS

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*Prem time: 5-6 Minutes*

### *Nutrition Facts Per Serving*

Calories: 242    Net Carbs: 16.7g

Fat: 6.7g    Protein: 28.8g

*Makes 4 servings*

#### **Ingredients**

1/2 Cup raspberries

2 Cups plain Greek  
yogurt

4 tbsp. Chopped  
walnuts

4 tbsp. Flaxseeds

1 tsp. vanilla extract

#### **Method**

When prepping, set out 4 containers.

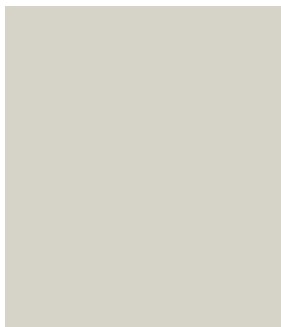
Chop the walnuts and combine in a section of the container with the flaxseeds.

Roughly chop the raspberries and place in another section. You can prepare four 1/2 cups servings of yogurt to make it even better to grab-and-go.

When it's time to eat, portion 1/2 cups of yogurt with 1/4 tsp.

## KETO DIET ON LOW BUDGET

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of vanilla, with one of the berry-seed packs in each container.

Keep all the ingredients chilled until ready to enjoy.



## PEANUT BUTTER PROTEIN BARS

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*Prem time: 5 Minutes*

*Cook time: 15 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 298    Net Carbs: 2.1g

Fat: 23.8g    Protein: 19.4g

*Makes 12 servings*

#### **Ingredients**

1 Cup keto-friendly  
chunky peanut butter

2 Egg whites

1/2 Cup almonds

1/2 Cup cashews

1 1/2 cups almond  
meal

#### **Method**

Preheat the oven to 350°F.

Combine all the ingredients and  
add to the prepared dish.

Bake for 15 minutes and cut  
into 12 pieces once cooled.

Store in the fridge to keep them  
fresh.

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## CHOCOLATE MOUSSE

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*Prem time: (+) 1 Hr. To Chill*

### *Nutrition Facts Per Serving*

Calories: 42.9    Net Carbs: 3.2g

Fat: 2.1g    Protein: 1g

*Makes 2 servings*

#### **Ingredients**

1 1/2 tbsp. Heavy  
whipping cream

1 tbsp. Unsweetened  
cocoa powder

1 tbsp. Swerve or  
another natural  
sweetener

4 tbsp. Room  
temperature butter

#### **Method**

Chill a bowl and whisk the cream until it begins to take shape. Store in the fridge.

In another dish, use a hand mixer to combine the sweetener, cream cheese, cocoa powder, and butter until well mixed.

Take out the refrigerated cream and fold into the chocolate mixture using a rubber scraper.

Portion into two dessert dishes and chill for one hour. Yummy!

4 tbsp. Room  
temperature cream  
cheese

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## GRILLED TRI-TIP STEAK

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*Prem time: 2 Hrs.*

*Cook time: 10 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 144.9    Net Carbs: 4.2g

Fat: 2.5g    Protein: 8g

*Makes 4 servings*

#### **Ingredients**

3 tbsp. Olive oil

1 (2 lb.) Tri-tip steak

1/2 tbsp. Sea salt

1 Garlic clove,  
minced

1 tbsp. Black pepper

#### **Method**

Mix the pepper, salt, oil, and minced garlic, then add the steak to the marinade. Store in the fridge to marinate for about two hours.

On medium-high heat, cook for 5 minutes per side on a stove top.

At this point, either serve or let it cool and slice into four portions. Place the portions into a plastic container or a freezer storage bag. Store in the freezer until needed.

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## CRISPY CHICKEN WINGS

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*Prem time: 10 Minutes*

*Cook time: 60 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 155.5    Net Carbs: 7g

Fat: 11.7g    Protein: 2g

*Makes 2 servings*

#### **Ingredients**

1 1/2 tbsp. Baking  
powder

2 t. Salt

2 lb. Chicken wings

#### **Method**

Pat the chicken wings dry and toss into a plastic Ziploc bag.

Sprinkle with the salt and baking powder, then shake to coat well.

Preheat the oven to 250°F and bake for 30 minutes.

Increase the oven setting to 425°F. Continue baking until crispy for another 20-30 minutes.

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## CHEESE CHIPS

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*Prem time: 10 Minutes*

*Cook time: 10 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 20.3    Net Carbs: 2.8g

Fat: 0.4g    Protein: 0.1g

*Makes 4 servings*

#### **Ingredients**

8 oz. cheddar cheese  
or provolone cheese  
or Edam cheese, in  
slices

½ teaspoon paprika  
powder

#### **Method**

Set the oven to 400 F.

Arrange the cheese slices on a  
baking sheet lined with  
parchment paper.

Top the slices with paprika  
powder and bake for 8 to 10  
minutes.

Serve with your favorite dip or  
guacamole.

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## TACO CRISPS

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*Prem time: 10 Minutes*

*Cook time: 10 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 171.5    Net Carbs: 4.8g

Fat: 7.6g    Protein: 8.5g

*Makes 6 servings*

#### **Ingredients**

1 large zucchini,  
peeled and thinly  
sliced

Salt, to taste

1½ cups coconut oil

1 tablespoon Tex-  
Mex seasoning

#### **Method**

Add the slices to a colander and sprinkle salt on top. Set aside for 5 minutes.

Press out excess water and drain to remove the water.

Heat oil in a fryer to 350 F.

Add the sliced zucchini to the oil in batches. Fry until they turn brown

Season the chips with taco seasoning.

## KETO DIET ON LOW BUDGET

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Serve.



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## ZUCCHINI CHIPS

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*Prem time: 10 Minutes*

*Cook time: 60 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 77.5    Net Carbs: 3.5g

Fat: 5g    Protein: 2g

*Makes 2 servings*

#### **Ingredients**

2 zucchini, cut into  
thin slices

2 tablespoons olive  
oil

Sea salt, to taste

#### **Method**

Set your oven to 250°F (120°C).

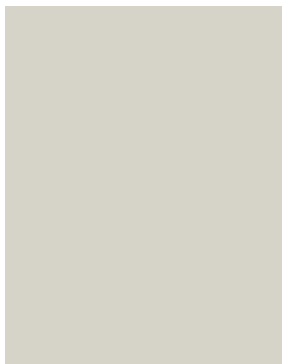
Season the zucchini slices with water and let them sit for 10 minutes.

Pat dry the slices using a paper towel.

Coat the slices with spray oil and arrange them on a baking sheet lined with parchment paper.

## KETO DIET ON LOW BUDGET

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Bake the chips for an hour until golden brown.

Serve.

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## SALAD SANDWICHES

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*Prem time: 10 Minutes*

*Cook time: 0 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 190    Net Carbs: 2.1g

Fat: 2.5g    Protein: 5.7g

*Makes 2 servings*

#### **Ingredients**

2 oz. Romaine lettuce  
or baby gem lettuce  
rinsed

½ oz. butter

1 oz. Adam cheese,  
sliced

½ avocado, sliced

1 cherry tomatoes,  
sliced

#### **Method**

Spread butter on top of each lettuce leaves.

Top the leave with alternate layers of cheese, avocado and tomato slices.

Serve and enjoy.

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## EGG MICE

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*Prem time: 10 Minutes*

*Cook time: 8 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 81.3    Net Carbs: 6.6g

Fat: 6.4g    Protein: 4.3g

*Makes 12 servings*

#### **Ingredients**

24 black peppercorns,  
whole

12 fresh chives

15 oz. cheddar cheese

6 eggs

4 radishes, thinly  
sliced

#### **Method**

Add water and eggs to a saucepan. Boil the eggs for 8 minutes.

Drain and peel the cooled eggs. Slice them in half.

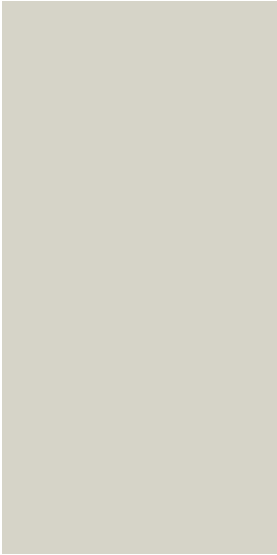
Arrange each half with their sunny side down.

Cut small semicircular slits on top of each egg half using a tip of a knife.

Fix the radish slices into these slits to make the ears.

## KETO DIET ON LOW BUDGET

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Insert black peppercorns to make the eyes on the egg.

Use chives to make the tail.

Serve with cheese and serve.

Enjoy.

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## CHICKEN NUGGETS

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*Prem time: 5 Minutes*

*Cook time: 14 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 216.2    Net Carbs: 8.2g

Fat: 11.5g    Protein: 15.8g

*Makes 6 servings*

#### **Ingredients**

2 Cups cooked  
chicken

1 Egg

8 oz. Cream cheese

1/4 Cup almond  
flour

1 tsp. Garlic salt

#### **Method**

Preheat the oven to 350°F. Lightly spritz a baking pan with some cooking oil or spray. You can also layer it with a sheet of parchment paper.

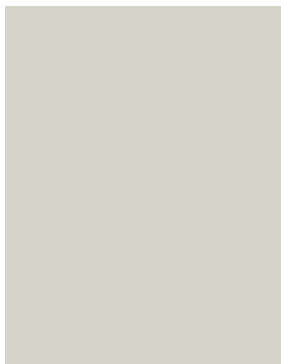
Shred the chicken using an electric mixer or food processor (try using a combination of white and dark meat of your preference).

Combine the rest of the ingredients and mix well.

Drop the nugget mixture onto the prepared baking tin. Bake

## KETO DIET ON LOW BUDGET

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until firm and slightly browned  
(12-14 min.).

Freeze into 6 equal portions.

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## SCRAMBLED EGGS

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*Prem time: 5 Minutes*

*Cook time: 5 Minutes.*

### *Nutrition Facts Per Serving*

Calories: 443.4    Net Carbs: 5.47g

Fat: 35.8g    Protein: 22.3g

*Makes 2 servings*

#### **Ingredients**

1-2 tbsp. water

4 eggs

1 tbsp. butter

Ground black pepper  
& salt to taste

Optional Topping:  
Freshly chopped  
chives or sliced  
scallions

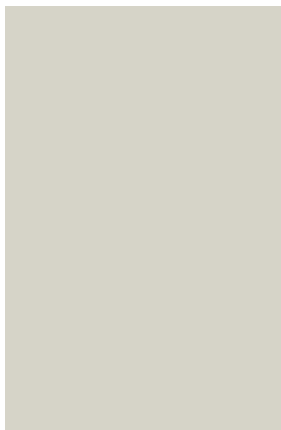
#### **Method**

Crack the eggs and add the water into a mixing bowl. Whisk until they are mixed well.

On medium-high heat, melt the butter in a skillet. When melted, scramble the eggs with a quick swirl. Lower the heat to medium and continue to scramble, making sure to keep the “raw” egg in contact with the pan until done (3-4 min.).

Reduce the temperature to low and simmer until entirely done. Sprinkle with salt and pepper.





Store the eggs in the fridge in an air-tight container (40°F or below) for one or two days.

Serve with your chosen topping(s) and enjoy.